

OASIS



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Holiday Edition 2022

Greetings from the Chair

Our disease never takes a holiday! For many of us, a holiday filled with food, friends, and family can be a challenging time. A list of suggestions on maintaining recovery through the holiday season was brainstormed at our October Intergroup meeting and shared in this newsletter.

Links to meetings, marathons, and special events that will be taking place over the holidays are provided in this newsletter and on our website.

If a meeting you regularly attend, falls on a holiday, confirm that it will still be meeting on that day.

Our program is one of attraction. I am grateful for those members who share their stories of recovery with us in our newsletters. This month a newcomer shares their journey of recovery.

Wishing you a healthy and happy holiday season!

If you are interested in OA Service or want to learn how Suncoast Intergroup works, join us at our monthly Zoom intergroup meeting on the 3rd Saturday of every month at 11am

WE NEED YOU!

Click [here](#) to attend Intergroup Zoom meeting



HOLIDAY ACTION PLAN:

Intergroup suggestions on how to maintain recovery during the holidays:

- Look for opportunities to be helpful and of service
- Increase meeting attendance around the holidays
- Go to a meeting on the holiday
- Celebrate the holiday with another OA member
- Eat a meal before going to an event
- Bring abstinent food to share
- Be prepared, ask what is being served at the event, or bring your own food.
- Stay connected to others in the fellowship
- Have a plan and discuss with your sponsor

- Carry a small piece of literature in your pocket or purse



My Journey of Recovery

My name is Anne, and I'm a compulsive overeater. I also have 30 years of sobriety from alcohol. At age 25, I put the plug in the jug, started my journey with the program of Alcoholics Anonymous, and never looked back. Not drinking was easy; living was the problem. After a short lifetime of bad decisions and mistakes left me with endless fear, self-pity, resentments, and a real emotional bottom, I walked into the rooms of AA, and people hugged me and loved me and help me find my way to a Higher Power of my understanding, which today I call God. At 27, by the grace of God, I stopped chain smoking. Needing a replacement to cigarettes, I started to eat a little more than usual, but nothing terrible. Or so I thought. It didn't affect my body shape at all for many years, which told me that I could eat whatever I wanted whenever I wanted, with no consequences.

Then, something happened. I turned 35 years old and started having another problem—back and leg pain. I had gained 20 pounds or so, but it wasn't a big deal. I wasn't as large as SOME people! Fast forward several years, multiple back surgeries, chronic pain, and multiple family losses, I had developed a full-blown eating disorder. Compulsive overeating and binging became my new best friend.

For over 20 years, my compulsive eating problem grew worse, and in response, my body grew bigger,

putting on as much as 30 pounds a year. Chronic pain kept me miserable on a daily basis. Then came additional health problems, like high triglycerides, gallstones, and fatty liver. Some of these were linked to my weight, some maybe not. Regardless, at age 54, I had to leave my job to go on disability, another blow to my already eaten-away ego. I had tried numerous diets, food programs, drugs, and dietary professionals to help me lose weight, and they all worked...until they didn't. The weight would come off then creep back on.

In May of 2022, I reached a breaking point. I finally reached a bottom and walked into my first meeting of Overeaters Anonymous. At first, I just came and listened, disgusted with myself for having let things get to this point. As bad and as humiliated as I felt, something inside of me knew there was another way. At the OA meeting, everyone was very nice and friendly, and I related to the readings and the shares. And I knew enough about the Twelve Steps from AA. However, I had failed at using AA to solve my compulsive eating problem.

What I found in OA was identification—people who had the same problem with food that I had. They had done the same things with food that I had done, such as bingeing, hiding food, and eating alone, just to name a few. Having people around me who had the same problems with food that I did makes all the difference in the world. Additionally, the tools of recovery in OA were very specific: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. All of them have helped me tremendously with staying clear, focused, and out of the food.

Now that the major holidays are coming, I know that I need to lean more on the OA fellowship and my Higher Power, as well as use all the tools of the program. With Thanksgiving Day right around the corner, instead of dread and fear of “messing up” on previous diets, I now feel more confident about sticking to my food plan as the holidays approach. My local OA chapter will be hosting extra meetings, which I plan to attend.

I only have a short time in OA, but that time has been life-altering for me. Not only have I lost excess body weight, but I have also made good friends, have an enhanced 12-step program to aid my entire recovery, and feel better physically, emotionally, and spiritually. OA has been a winner for this compulsive eater!



NEED A MEETING OVER THE HOLIDAYS?

OVEREATERS ANONYMOUS HOLIDAY MEETINGS, SPECIAL EVENTS, AND MARATHONS

SEE THE EVENT CALENDAR AT
oa.org
<https://oa.org/event-calendar>

OTHER MEETINGS:

MIAMI DADE AND THE KEYS INTERGROUP PRESENTS:

Annual Thanksgiving Day Meeting
“Day of Thanksgiving”

THURSDAY NOVEMBER 24, 2022
10AM-11:30AM EST

<https://oamiami.org/events/2022/11/2022-Day-of-Gratitude.pdf>

2022 MARATHONS SPONSORED BY VIRTUAL INTERGROUP OF OVEREATERS ANONYMOUS

(Meetings every hour from 8:00 AM to 12 midnight EST (UTC-5) with regular scheduled meetings)

<https://oavirtualregion.org/marathons-2022/>

Check our website for updates and links to meetings in the Suncoast Intergroup and upcoming events.

Website
oasuncoast.org

Information Line
(813) 378-7275

TEXT
Text the word SERENITY to
77948

WORLD SERVICE UPDATES:

Updated Guidelines on Sharing OA copyright material electronically

<https://oa.org/app/uploads/2022/02/sharing-oa-copyright-material-electronically.pdf>

How Much Is Your Recovery Worth to You?

7th Tradition

Contributions keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

[Click here to Donate to Suncoast Intergroup](#)